

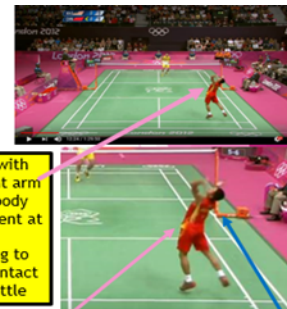
# Unit 7 - Practical Sports Performance

## 1. Vocabulary

Isolated	Isolated practice consists of focusing on one technique or skill at a time to practice and im-
Conditioned•	Consist of mini games- which tend to focus on multiple techniques- to improve different types of
Competitive	Having or displaying a strong desire to be more successful than others
Skills	Ability to choose and perform the proper techniques at the right time, successfully, regularly,
Tactics	Are actions and strategies planned to achieve an overall objective which is to win in sport
Rules	Define the size of the space on which the sport is played, the length of time that a contest can last, the actions that are permitted, and how a result is determined.
Regulations	Is concerned with the upholding and maintenance of standards, which in sport can be said to encompass fair play, fair competition and sports-
Checklist	A list of items required, things to be done, or points to be considered, used as a reminder.
Etiquette	The customary code of polite behaviour in society or among members of a particular profession or group

## Skills - Badminton

- Skill = Overarm Clear
- The racket is held with a long grip because it helps with the height that you hit the shuttle at. The shot will be performed with the forehand to generate more power so the player with stand side on and twist into the shot. The arm will be bent at the elbow then straighten as make contact as increases power.
- The purpose of the skill shot is send the opponent to the back tramlines which will help you get into a better position for the return.
- This is a serial skill because it requires a range of complex movements to make sure that the shot is performed correct to give the best chance of winning the point.
- This is a defensive shot because it clears the court by sending the opponent to the back of the court which stops them playing an attacking shot so gives them a less chance of winning the point.
- This shot is played slow and high so it reaches and falls to the back of the court. It can also be played as a drive shot which is faster and slightly lower to the opponent needs quicker reflexes to try and return it.



Side on with dominant arm behind body with a bent at elbow preparing to make contact with shuttle

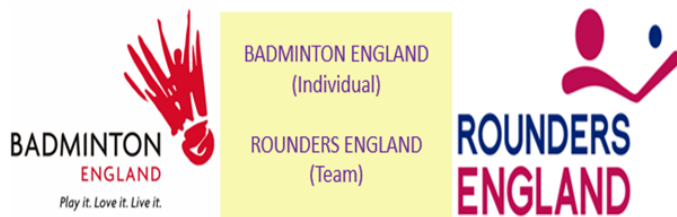
Stance is slightly side on to help balance, as shuttle falls body begins to twist to create power.

Neck bent so eyes are kept on shuttle because the more concentrated the more accuracy in the shot. Then as make contact with shuttle neck will move forwards.

## Command words

Define	A statement of the exact meaning of a word
Explain	To describe in more detail or revealing relevant fact
Justify	To show that something is reasonable, right, or true
Compare	To judge, suggest, or consider that something is similar or of equal quality to something else
Contracts	To compare or appraise in respect to differences
Evaluate	To judge or determine the value, quality or significance of something

## Research - Governing Bodies



## Wider experiences and opportunities:

- All students will be encouraged to take part in extra-curricular practices to develop performance in individual and team sports
- Opportunities to have access to viewing elite competitive performances for analytical purposes.

# How can you increase Participation in Individual and Team Sports?

## Assignment 1

### Learning aim A

Examine National Governing Body rules/laws and regulations for selected sports competitions

### Learning aim B

Examine the skills, techniques and tactics required to perform in selected sports

**Task expectation: Create a PowerPoint presentation.**

Develop 4 sections – 2 per sport.

Use screenshots of videos (multiple where needed).

Where applicable, use multiple explanations per section.

Ensure full, extensive detail – alongside a small, yet readable font size.

### Learning Aim C

Develop skills, techniques and tactics for sporting activity in order to meet sport aims

### Learning Aim D

Reflect on own practical performance using selected assessment methods

**Task expectation: Create a PowerPoint presentation.**

**Develop 4 sections – 2 per sport.**

Use screenshots of videos (multiple where needed).

Where applicable, use multiple explanations per section.

Ensure full, extensive detail – alongside a small, yet readable font size

## Drop Shot

### Scenario 2

**Rule-** Stumping the post before the batter reaches it.

**Law-** The batter is out if the post they are running to is stumped before they reach contact with it.

**Regulation-** All posts should be fitted with safety caps and wooden posts should be plastic covers. They should be in rubber based to make the heavier so, they don't knock over or hit someone. The plastic to cover wood prevents splinters when holding onto the posts.

In this video you can see the batter hit the ball to the right and run towards the 1<sup>st</sup> post. The fielder on first post gets the ball of the floor and manages to stump the post before the batter manages to reach it. This means that the batter is then out.

This rule has a positive impact on the game as, it makes it more competitive because the batter wants to run faster and reach the post before the fielders can stump it. This makes the game more exciting and less boring. This means that players and spectators will stay interested. The posts used in this video were on a rubber base, this made the heavier and less likely to fall over and hurt someone.

**Assessment-** The decision made by the umpire was correct. They called out that the batter was out. This is because she didn't make contact with the post before it was stumped. The correct decision by the umpire means that, arguments between teams are prevented and the game is able to move on faster. This means that both players and spectators stay interested.



Before the drop shot, my technique is correct as my right arm is at about 45° to hit the shuttle at its highest point.



During the shot, my arm straightens to force the shuttle down towards the net at speed and with accuracy.



After the shot, the shuttle landed close to the net which made it difficult for my opponent to return.

In this game, on several occasions I successfully executed the drop shot and it resulted in me winning points. I also used deception with this shot, which is a common tactic used in badminton. I swung my arm upwards quickly which indicated to my opponent that I was going to perform a smash shot or an overarm clear but then I flicked my wrist to send the shuttle downwards to execute the drop shot. This was efficient and successful as my opponent was not anticipating a drop shot and they weren't in the ideal position to return this shot and I won the point. At elite level, deception can be vital as the margins for winning are so narrow. However, this shot could have become predictable so throughout the match I varied my shot selection when playing an attacking shot to try and win a point. During this game, I abided by the regulations of badminton as I am wearing the correct kit with appropriate footwear and I am also playing against another male.